# PANDEMIC PREPAREDNESS

**Prevent blood shortages during COVID-19:**
YOU can make a difference

| #1 Follow red blood cell guidelines | For non-bleeding, asymptomatic patients:
| | • Transfuse 1 unit at a time and reassess
| | • Blood is rarely needed when hemoglobin is > 70g/L
| | • Do not transfuse RBCs for iron deficiency

| #2 Follow platelet guidelines | • *Prophylactic* platelet transfusion generally not required when platelets ≥ 10 x 10⁹
| | • Follow your hospital guidelines

| #3 Carefully consider frozen plasma (FP) | • FP does not improve mildly elevated INRs (< 1.8) and is not indicated
| | • Correction of mildly elevated INRs or aPTTs before most procedures is not recommended
| | • Non-bleeding patients with cirrhosis or end-stage liver disease rarely need FP (including pre-procedure)
| | • Use fibrinogen concentrate (not cryoprecipitate) to replace fibrinogen in bleeding patients:
| | For obstetrics < 2.5 g/L for all other patients < 1.5 g/L

| #4 Avoid iatrogenic anemia | Don’t perform laboratory blood testing unless clinically indicated or necessary for diagnosis or management in order to avoid iatrogenic anemia.

| #5 TXA for Hemorrhage Control | Use tranexamic acid (TXA) early for trauma, traumatic brain injury (TBI), orthopedic, spine and cardiac surgery, and obstetrical hemorrhage

**If you feel well, please donate blood:** [www.blood.ca](http://www.blood.ca)

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1. Choosing Wisely Recommendations - [Transfusion Medicine](https://www.choosingwisely.ca)
2. Blood Easy 4 guide